

Surviving High School – A Basic Study Guide

- Be Organized
 - Student planner/notebook (e.g. small notepad or pocket calendar)
 - Use a coded binder or folder for each course
 - Keep locker and backpack neat
 - Bring everything you need in class with you when you go to class (e.g. binder, text, pen, pencil, eraser, calculator, ruler)
 - Write date on top right hand corner of each page
 - Prepare what you need for tomorrow, before going to bed
- Manage Your Time Well
 - Use any extra time in class/school to get started on homework
 - Create a study plan (prepare for sabotage)
 - <http://www.studygs.net/>
 - Break large assignments down into smaller parts
 - Be in class, on time, every day
 - Participate in class
 - Don't leave class with unanswered questions
- Take Good Notes
 - Be an active listener (think about what is being said)
 - Recognize and write down important information
 - Take notes that are neat and easy to read
 - If absent, get copies of the notes you missed
- Reading Text
 - **SCAN** to get an overview of document (if there are questions, scan these as well)
 - **READ** the document
 - **REVIEW** what you have read
- Study Smart
 - Know your learning style
 - Organize your study time
 - Find a good place to study – one with minimal interruptions
 - Focus on one thing at a time
 - Go over your notes as soon as possible
 - Always do your homework
 - Allow more time for homework than you think you'll need

- Know how to use a computer to write papers and do research
- Use strategies/mnemonics to help you memorize things
 - <http://www.studygs.net/>
- Test-Taking Strategies
 - Have everything you need for the test (e.g. pen, pencil, eraser, calculator, ruler)
 - Before you start, look over the entire test and develop a plan
 - Mark the questions you want to return to
 - Check your answers
 - Use all the time available
- Food and Sleep for Thought
 - Proper balanced diet – see Food Guide (Canada's Food Guide)
 - Getting the proper amount of sleep (6-8 hours a night)
- Handling Stress
 - Proper diet and sleep
 - Spend time with friends/family that are not the cause of the stress, and talk to them
 - Keep a sense of humour, and do things that make you feel calm and relaxed in the past (listen to music, go for a walk, etc.)
 - When feeling stressed try
 - Take a deep breath, and then slowly release it. Repeat until your body begins to relax
 - Start at the top of your head, flexing and then relaxing each part of your body
 - Think of a place where you feel very relaxed and calm. Close your eyes and imagine yourself there.